

Full Report (All Nutrients) 02033, Spices, poppy seed <sup>a</sup>

Report Date: October 27, 2015 05:40 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor: 3.47 Nitrogen to Protein Conversion Factor: 5.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 2.8g	1 tbsp 8.8g
<b>Proximates</b>						
Water <sup>1 3 4</sup>	g	5.95	9	1.057	0.17	0.52
Energy	kcal	525	--	--	15	46
Energy	kJ	2196	--	--	61	193
Protein <sup>1 2</sup>	g	17.99	2	--	0.50	1.58
Total lipid (fat) <sup>1 2 3</sup>	g	41.56	8	1.560	1.16	3.66
Ash <sup>1 3</sup>	g	6.37	8	0.687	0.18	0.56
Carbohydrate, by difference	g	28.13	--	--	0.79	2.48
Fiber, total dietary <sup>2</sup>	g	19.5	1	--	0.5	1.7
Sugars, total <sup>1</sup>	g	2.99	1	--	0.08	0.26
Sucrose <sup>1</sup>	g	2.33	1	--	0.07	0.21
Glucose (dextrose) <sup>1</sup>	g	0.37	1	--	0.01	0.03
Fructose <sup>1</sup>	g	0.29	1	--	0.01	0.03
Lactose <sup>1</sup>	g	0.00	1	--	0.00	0.00
Maltose <sup>1</sup>	g	0.00	1	--	0.00	0.00
Galactose <sup>1</sup>	g	0.00	1	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca <sup>1 2 5</sup>	mg	1438	3	69.425	40	127
Iron, Fe <sup>1 2 3 5 6</sup>	mg	9.76	11	0.918	0.27	0.86
Magnesium, Mg <sup>1 3</sup>	mg	347	8	11.662	10	31
Phosphorus, P <sup>1 3 5</sup>	mg	870	9	78.286	24	77
Potassium, K <sup>1 3 5</sup>	mg	719	9	44.260	20	63
Sodium, Na <sup>1 2 3</sup>	mg	26	5	13.811	1	2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 2.8g	1 tbsp 8.8g
Zinc, Zn <a href="#">1</a>	mg	7.90	1	--	0.22	0.70
Copper, Cu <a href="#">1</a> <a href="#">3</a> <a href="#">5</a> <a href="#">6</a>	mg	1.627	10	0.114	0.046	0.143
Manganese, Mn <a href="#">1</a> <a href="#">3</a> <a href="#">5</a> <a href="#">6</a>	mg	6.707	10	0.320	0.188	0.590
Selenium, Se <a href="#">1</a>	µg	13.5	1	--	0.4	1.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a>	mg	1.0	2	--	0.0	0.1
Thiamin <a href="#">1</a>	mg	0.854	1	--	0.024	0.075
Riboflavin <a href="#">1</a>	mg	0.100	1	--	0.003	0.009
Niacin <a href="#">1</a>	mg	0.896	1	--	0.025	0.079
Pantothenic acid <a href="#">1</a>	mg	0.324	1	--	0.009	0.029
Vitamin B-6 <a href="#">1</a> <a href="#">7</a>	mg	0.247	3	0.123	0.007	0.022
Folate, total <a href="#">1</a>	µg	82	1	--	2	7
Folic acid	µg	0	--	--	0	0
Folate, food	µg	82	1	--	2	7
Folate, DFE	µg	82	--	--	2	7
Choline, total <a href="#">1</a>	mg	8.8	--	--	0.2	0.8
Betaine <a href="#">1</a>	mg	0.9	1	--	0.0	0.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta <a href="#">1</a>	µg	0	1	--	0	0
Carotene, alpha <a href="#">1</a>	µg	0	1	--	0	0
Cryptoxanthin, beta <a href="#">1</a>	µg	0	1	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene <a href="#">1</a>	µg	0	1	--	0	0
Lutein + zeaxanthin <a href="#">1</a>	µg	0	1	--	0	0
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">3</a>	mg	1.77	8	0.473	0.05	0.16
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta <a href="#">1</a> <a href="#">3</a>	mg	8.30	8	8.304	0.23	0.73
Tocopherol, gamma <a href="#">1</a>	mg	8.82	1	--	0.25	0.78
Tocopherol, delta <a href="#">1</a> <a href="#">3</a>	mg	0.23	8	0.177	0.01	0.02

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 2.8g	1 tbsp 8.8g
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	1	--	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	4.517	--	--	0.126	0.397
4:0 <sup>1</sup>	g	0.000	1	--	0.000	0.000
6:0 <sup>1</sup>	g	0.037	1	--	0.001	0.003
8:0 <sup>1</sup>	g	0.000	1	--	0.000	0.000
10:0 <sup>1</sup>	g	0.000	1	--	0.000	0.000
12:0 <sup>1</sup>	g	0.000	1	--	0.000	0.000
13:0 <sup>1</sup>	g	0.000	1	--	0.000	0.000
14:0 <sup>1</sup>	g	0.077	1	--	0.002	0.007
15:0 <sup>1</sup>	g	0.000	1	--	0.000	0.000
16:0 <sup>1</sup>	g	3.581	1	--	0.100	0.315
17:0 <sup>1</sup>	g	0.000	1	--	0.000	0.000
18:0 <sup>1</sup>	g	0.782	1	--	0.022	0.069
20:0 <sup>1</sup>	g	0.039	1	--	0.001	0.003
22:0 <sup>1</sup>	g	0.000	1	--	0.000	0.000
24:0 <sup>1</sup>	g	0.000	1	--	0.000	0.000
Fatty acids, total monounsaturated	g	5.982	--	--	0.167	0.526
14:1 <sup>1</sup>	g	0.000	1	--	0.000	0.000
15:1 <sup>1</sup>	g	0.000	1	--	0.000	0.000
16:1 undifferentiated <sup>1</sup>	g	0.039	1	--	0.001	0.003
17:1 <sup>1</sup>	g	0.000	1	--	0.000	0.000
18:1 undifferentiated <sup>1</sup>	g	5.864	--	--	0.164	0.516
18:1 c <sup>1</sup>	g	5.864	1	--	0.164	0.516
18:1 t <sup>1</sup>	g	0.000	1	--	0.000	0.000
20:1 <sup>1</sup>	g	0.078	1	--	0.002	0.007
22:1 undifferentiated <sup>1</sup>	g	0.000	1	--	0.000	0.000
24:1 c <sup>1</sup>	g	0.000	1	--	0.000	0.000
Fatty acids, total polyunsaturated	g	28.569	--	--	0.800	2.514
18:2 undifferentiated <sup>1</sup>	g	28.295	1	--	0.792	2.490

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 2.8g	1 tbsp 8.8g
18:3 undifferentiated <sup>1</sup>	g	0.273	--	--	0.008	0.024
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.273	1	--	0.008	0.024
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	0.000	0.000
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--	0.000	0.000
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--	0.000	0.000
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Fatty acids, total trans-monoenoic	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Stigmasterol <sup>1</sup>	mg	7	1	--	0	1
Campesterol <sup>1</sup>	mg	29	1	--	1	3
Beta-sitosterol <sup>1</sup>	mg	109	1	--	3	10
<b>Amino Acids</b>						
Tryptophan <sup>1</sup>	g	0.184	--	--	0.005	0.016
Threonine <sup>1</sup>	g	0.686	--	--	0.019	0.060
Isoleucine <sup>1</sup>	g	0.819	--	--	0.023	0.072
Leucine <sup>1</sup>	g	1.321	--	--	0.037	0.116
Lysine <sup>1</sup>	g	0.952	--	--	0.027	0.084
Methionine <sup>1</sup>	g	0.502	--	--	0.014	0.044
Cystine <sup>1</sup>	g	0.297	--	--	0.008	0.026
Phenylalanine <sup>1</sup>	g	0.758	--	--	0.021	0.067
Tyrosine <sup>1</sup>	g	0.727	--	--	0.020	0.064
Valine <sup>1</sup>	g	1.095	--	--	0.031	0.096
Arginine <sup>1</sup>	g	1.945	--	--	0.054	0.171
Histidine <sup>1</sup>	g	0.471	--	--	0.013	0.041
Alanine <sup>1</sup>	g	0.839	--	--	0.023	0.074
Aspartic acid <sup>1</sup>	g	2.365	--	--	0.066	0.208
Glutamic acid <sup>1</sup>	g	4.299	--	--	0.120	0.378

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 2.8g	1 tbsp 8.8g
Glycine <sup>1</sup>	g	0.952	--	--	0.027	0.084
Proline <sup>1</sup>	g	2.754	--	--	0.077	0.242
Serine <sup>1</sup>	g	0.952	--	--	0.027	0.084
Hydroxyproline <sup>1</sup>	g	0.000	1	--	0.000	0.000
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6h, 2002 Beltsville MD

<sup>2</sup>McCormick & Company, Inc. Nutrient Analysis Reports for McCormick Spices and Herbs, 1993 MD

<sup>3</sup>M. Ozcan, C. Atalay Determination of seed and oil properties of some poppy (*Papaver somniferum L.*) varieties, 2006 Grasas Y Aceites 57 2 pp.169-174

<sup>4</sup>Dawn Food Products Dawn Food Products, Fiber Analysis, 1990

<sup>5</sup>M. Ozcan Determination of the mineral compositions of some selected oil-bearing seeds & kernels using Inductively Coupled Plasma Atomic Emission Spectrometry (ICP-AES), 2006 Grasas y Aceites 57 2

<sup>6</sup>M. Soylak, M. Tuzen, I. Narin, H. Sari Comparison of microwave, dry and wet digestion procedures for the determination of trace metal contents in spice samples produced in Turkey, 2004 Journal of Food and Drug Analysis 12 3 pp.254-258

<sup>7</sup>S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167

<sup>8</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption., 2004 J. Nutr. 134 pp.613-617

#### Footnotes

<sup>a</sup> Other phytosterols = 38.4 mg/100g; these include delta 5-avenasterol (17.7), campestanol (2.6), and other minor phytosterols (18.1 mg).

#### Langual Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1515 POPPY
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0117 HEAT DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION